

	ELITE \$250	PERFORMANCE \$200	CORE \$125
INDIVIDUALIZED MONTHLY TRAINING PLAN	X	X	X
ADAPTIVE STRENGTH TRAINING PROGRAM	X	X	
FREQUENCY OF 1-ON-1 COACHING SESSION	WEEKLY	EVERY OTHER WEEK	EVERY OTHER WEEK
MENTAL PERFORMANCE COACHING	X	X	
CUSTOMIZED NUTRITION PLAN	X		
TECHNIQUE AND FORM VIDEOS	X	X	
STRATEGIC RACE PLANNING	X	X	X
NCAA RECRUITING GUIDANCE	X		
RECOVERY TOOLS AND EXERCISES	X	X	X